

Monday			
Mature Pigeon Soup Stewed with White Fungus and Dried Longan Pulp	Beef Flank Braised with Curry	Blanched Prawns	Fresh Mushrooms Braised with Bamboo Shoots
Ingredients: Pigeon (blanched) 1 White fungus 2 taels (cut into florets) Dried longan pulp 2 taels Steps: 1. Put all the ingredients in a stew pot; put ginger slices and four bowls of clear water; cover the pot. 2. Put the pot into a saucepot containing water; stew it over a high heat for 30 min. 3. Stew over a low heat for 3 more hours; season with salt.	Ingredients: Beef flank 1 catty Potatoes 1/3 catty Carrots 1/3 catty Steps: 1. Marinate beef flank; stir-fry until fragrant; set aside. 2. Stir-fry dried shallot bulbs, ginger and garlic in a casserole until fragrant; add curry sauce and water; boil. 3. Add beef flank, potatoes and carrots; braise until beef flank is tender; serve.	Ingredients: Ghost prawns (deveined) 1 catty Steps: 1. Boil water in a wok; add ginger slices and sectioned spring onions. 2. Blanch prawns until done.	Ingredients: Dried shiitake mushrooms 3 taels Bamboo shoots 4 taels Steps: 1. Stir-fry ginger slices; add shiitake mushrooms and sauté slightly; add sliced bamboo shoot. 2. Season and add stock; braise until soup is thickened.
Tuesday			
Duck Soup Stewed with Sliced Abalone and American Ginseng	Squid Stir-fried with Sweet Peppers	Sliced Pork, Wood Ear Fungus and Soybean Curd Stir-fried with Green Scallion	Fish Floss Stir-fried with Cauliflower
Ingredients: Green-lip abalone (sliced) 1 Whole duck (blanched) 1 American ginseng 1 tael Steps: 1. Put all the ingredients in a stew pot; put ginger slices and four bowls of clear water; cover the lid. 2. Put the pot into a saucepot containing water; stew it over a high heat for 30 min. 3. Stew over a low heat for 3 more hours; season with salt.	Ingredients: Squid 1/2 catty Red and green sweet peppers 1 for each Steps: 1. Blanch squid in boiling water until done. 2. Stir-fry chopped spring onions and garlic slices until fragrant; add squid and sweet peppers. 3. Season and thicken the soup; sprinkle chili oil; serve.	Ingredients: Pork (sliced) 3 taels Green scallion 1 Black fungus 1 tael Soybean curd 1 pc Steps: 1. Fry shredded ginger in hot oil until fragrant; sauté sliced pork slightly. 2. Add black fungus and green scallion and stir-fry; season and boil. 3. Add soybean curd; boil until soup is thickened.	Ingredients: Minced mud carp 1/4 catty Cauliflower 2/3 catty (cut into florets) Steps: 1. Add pepper in mud carp; pan-fry to fish pie; cut into strips. 2. Stir-fry ginger; fry cauliflower; add water and braise until done. 3. Add strips of mud carp; add salt, sugar and dark soy sauce; serve.
Wednesday			
Lean Pork Soup with Monkey Head Mushrooms	Grey Mullet Steamed with Fresh Lemon	Stir-fried Eggs and Barbecued Pork	Pork Ribs Roasted with Sa Cha Sauce
Ingredients: Pork (blanched) 10 taels Monkey head mushrooms 2 taels Fox nuts 2 taels Steps: 1. Boil water in wok; add all the ingredients and ginger slices and boil. 2. Turn to a low heat and simmer over a low heat for 2 hours; season with salt.	Ingredients: Grey mullet 1 Lemon 1 Steps: 1. Put grey mullet on a dish; lay ginger slices and spring onion stem under grey mullet. 2. Spread mashed lemon, shredded ginger and spring onions, shredded dried tangerine peel and shredded red hot pepper on grey mullet. 3. Steam over a high heat until done; stir-fry shredded ginger and sprinkle light soy sauce in hot oil; pour the mixture on the fish; serve.	Ingredients: Barbecued pork 4 taels Eggs 2 Steps: 1. Stir-fry barbecued pork in hot oil until fragrant; set aside. 2. Heat oil in a wok; add egg pulp until half done. 3. Add barbecued pork; dish up when egg is done.	Ingredients: Pork ribs 3/4 catty Onions appropriate amount Garlic bulbs appropriate amount Steps: 1. Marinate pork ribs with sa cha sauce and seasoning. 2. Preheat the oven to 190°C; put pork ribs in the oven and bake. 3. Stir-fry dried shallot bulb, garlic and onions in hot oil; add water and boil; pour thick soup on pork ribs.

Thursday			
Black-skinned Chicken Soup Stewed with Fish Maw	Steamed Mackerel	Chinese Kale and Minced Pork Stir-fried with Preserved Olive	Bon Bon Chicken with Sesame Paste
Ingredients: Whole black-skinned chicken (blanched) 1 Fish maw 2 Red dates 2 taels Steps: 1. Put all the ingredients in a stew pot; put ginger slices and four bowls of water; cover the lid. 2. Put the pot into a saucepot containing water; stew it over a high heat for 30 min. 3. Stew over a low heat for 3 more hours; season with salt.	Ingredients: Mackerel 3/4 catty Steps: 1. Lay spring onions stem and ginger splices underneath the fish; lay shredded ginger on top of the fish. 2. Steam over a high heat until done; stir-fry shredded ginger in hot oil and pour on the fish; serve.	Ingredients: Chinese kale (cut into sections) 3/4 catty Minced pork 4 taels Preserved olive appropriate amount Steps: 1. Fry ginger and spring onion in hot oil until fragrant; add minced pork and fry until fragrant; add Chinese kale and fry; sprinkle wine. 2. Add preserved olive, season, stir-fry well and mix well.	Ingredients: Chicken breast 1/2 catty Cucumber (sliced) appropriate amount Konjak (blanched) appropriate amount Steps: 1. Braise chicken breast with soup until done. 2. Tear chicken breast into shreds; add shredded cucumber and konjak. 3. Pour sesame paste; serve.
Friday			
Pork Rib Soup with Night Blooming Cereus	Indian Lettuce Stir-fried with Soybean Sheet	Fish Head Braised in Casserole	Pork Spareribs Stir-fried with White String Beans
Ingredients: Pork ribs (blanched) 12 taels Night blooming cereus 3 taels Fig 6 Steps: 1. Boil water in wok; add all the ingredients and ginger slices and bring to the boil. 2. Turn to a low heat and simmer over a low heat for 2 hours; season with salt.	Ingredients: Indian lettuce 1 catty Soybean sheet appropriate amount Steps: 1. Fry spring onion and ginger in hot oil until fragrant; add Indian lettuce and stir-fry until fragrant. 2. Add soybean sheet and stir-fry; season and mix well.	Ingredients: Big fish head (cut into pieces) 1 Steps: 1. Marinate fish head; pan-fry it with ginger slices until both sides are yellow brown. 2. Stir-fry dried shallot bulb, ginger and garlic in a casserole until fragrant; add fish head, seasoning and water. 3. Add soybean curd and shredded red hot pepper; braise until done; serve.	Ingredients: Veal ribs 8 taels Broccoli (cut into florets) 8 taels Steps: 1. Marinate veal ribs; pan-fry with ginger, garlic and shredded red hot pepper until fragrant. 2. Add broccoli and fry well; sprinkle wine; season.
Saturday / Sunday			
Beef Shin Soup with Longan Pulp, Lotus Seeds and Umbi lily	European Lettuce, Shiitake Mushrooms and Wood Ear Fungus Stir-fried with Oyster Sauce	Steamed Yellow Croaker	Pork Knuckle Simmered with Peanuts and Chestnuts
Ingredients: Beef shin (blanched) 12 taels Dried longan pulp 2 taels Lotus seeds 2 taels Umbi lily 1 tael Steps: 1. Put all the ingredients in a stew pot; put ginger slices and four bowls of clear water; cover the lid. 2. Put the pot into a saucepot containing water; stew it over a high heat for 30 min. 3. Stew over a low heat for 3 more hours; season with salt.	Ingredients: European lettuce 1 Dried shiitake 10 florets mushrooms Wood ear fungus appropriate amount Steps: 1. Blanch European lettuce in boiling water until tender; set aside. 2. Stir-fry ginger and garlic until fragrant; add shiitake mushrooms and wood ear fungus; stir-fry until fragrant; add oyster sauce, light soy sauce and sugar. 3. Put European lettuce back to the wok and mix well; stir in the cornstarch solution.	Ingredients: Yellow croaker 1 Steps: 1. Lay spring onion stem and ginger splices under the fish and shredded ginger on the fish. 2. Steam over a high heat until done; stir-fry shredded ginger and pour onto the fish; serve.	Ingredients: Pork knuckle (chopped into chunks) 4/5 catty Peanuts 1/4 catty Chestnuts 1/4 catty Steps: 1. Blanch pork knuckle; stir-fry with ginger slices, dried shallot bulb and star anise. 2. Add chestnuts and peanuts; season; simmer for 1 hour.